



Be in the Moment

Be Present. Be Well.

WELL WISCONSIN EMPLOYER NEWSLETTER | APRIL 2021, ISSUE NO. 4

PARTICIPANT COMMUNICATIONS

Here is a list of the Well Wisconsin program communications that are scheduled to send this month.

4/6: Sleep, Well-being Awareness Email

4/20: Postcard mailed out

4/20: Health Coaching Email

4/22: Well Wisconsin Radio Email

4/29: Daily Habits email



**content and dates subject to change*

EMPLOYER SPONSORED ACTIVITY

The employer sponsored activity program helps you plan health and well-being activities for the employees at your location. Employees that participate can earn well-being credit in the Well Wisconsin program!

April: National Alcohol Reduction Month



April is National Alcohol Awareness Month which is the focus of this month's challenge. The challenge, Better Without Booze, will run for two weeks and encourage employees to go one week with no alcohol. We will provide a tracking sheet for employees to track their progress. Employees who choose to do this activity will receive a code to self report their completion on the Well Wisconsin website. For more information, materials, and the code please email kmulcahey@webmd.net



WELL WISCONSIN RADIO

Well Wisconsin Radio is a monthly podcast style program that interviews health and wellness experts from around the state. Participants can get credit for attending live or by listening in to the recording. Click below to register.

April 27th: Noon to 12:30

Topic: Minority Health Month: Racism and Public Health

Expert: Lisa Peyton-Caire, Founding CEO and President of The Foundation for Black Women's Wellness

Registration link and details: [HERE](#)

OTHER NEWS

The Invitational starts in May! The Invitational is a team-based steps challenge made up of 5 person teams. The Invitational begins with a warm up round on May 3rd, 2021, followed by 5 weeks of friendly competition, as your 5 person team is matched up with a different 5-person team. Participating in all 5 Rounds of the Invitational will earn well-being activity credit! An email invitation to register will be sent to all eligible employees.

JUST FOR FUN



This monthly newsletter is produced by WebMD. For questions or more information please email mmeinen@webmd.net. Participant questions can be directed to customer service at 800-821-6591